Chicken Casserole

Chicken casserole is a good leftovers dish. It can be made with a variety of vegetables as the base and with or without mushroom soup. There is also the option of adding gluten free biscuits to the casserole for additional texture in the old fashioned chicken and dumplings style. Chicken casserole can be made with canned chicken, frozen chicken, or a combination of diced chicken and turkey. Depending on the size pan used, it may take longer to cook. This casserole freezes well for future meals, especially summer meals when it is too hot to cook. A delightful treat.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Chicken
- Mushrooms
- Cream of Mushroom Soup (gluten)
- Onions
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Chicken
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
- 2 cups of chopped chicken

Vegetables:
- 15 ounces of peas
- 15 ounces of carrots
- 3/4 cup of instant mashed potatoes

Other ingredients:
- 2 tablespoons of butter
- Cream of mushroom soup (gluten free)
- 1 teaspoon of salt
- Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:
1. Chop chicken.
2. Add to 2.5 quart oven safe pan:
   - 2 tablespoons of butter
   - 15 ounces of carrots
   - 2 cups of chopped chicken
   - 1 can of cream of mushroom soup
   - 5 ounces of peas
   - Spices such as pepper to taste
   - 3/4 cup of instant mashed potatoes
   - 1 teaspoon of salt
3. Place covered pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2.5 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.